

Woman's Page

IN THE KITCHEN AND PANTRY

An inexpensive introduction to a dinner which has the added advantage of being unusual is pineapple cocktail. As this is made from the canned fruit it is not a costly dish to prepare. Beetroot soup is not only delicious to the taste but good to look upon, as it is a beautiful pink color.

Canned Pineapple Cocktail.
Beetroot Soup, Hot Cocktail, Stuffed Hot Artichokes, Roast Beef, Browned Potatoes, Lettuce Salad, Coffee.

Canned Pineapple Cocktail.
Drain each slice, cut it into quarters or even smaller pieces. Add a little sugar to the syrup and juice of half a lemon, boil it just a few minutes, then cool and chill. Mix the pieces of pineapple with finely chopped green maraschino cherries, using only a few; fill cocktail glasses three-quarters full, then pour a little of the ice cold syrup over each and serve.

Beetroot Soup.
Wash, boil and peel a beetroot, boil one small onion, slice them both. Place in a pan with one quart of plain, well flavored vegetable stock. Simmer till the onion is quite tender. Season to taste with salt. Some add a little vinegar, others a little sugar.

THIS WILL INTEREST MOTHERS.
Mother Gray's Sweet Powders for Children, a certain relief for Feverishness, Headache, Stomach, Teething Disorders, move and regulate the bowels and destroy Worms. They frequently break up Colic in 24 hours. They are so pleasant to the taste Children like them. Over 10,000 testimonials. Used by Mothers for 30 years. They never fail. Sold by all Druggists, 25c. Sample mailed FREE. Address, Mother Gray Co., Le Roy, N. Y.

TEACHERS TO HAVE RETIREMENT FUND

SALT LAKE, March 17.—State Auditor Joseph Ririe has prepared warrants to be forwarded to the teachers who are to withdraw from the teachers' retirement fund in accordance with the provisions of the law. These warrants will be forwarded to the teachers outside of Salt Lake who desire to be independent of the retirement fund. It is estimated by State Auditor Ririe that about 4000 teachers will receive money from the teachers' retirement fund through withdrawal. All teachers who contributed to the fund, whether they are in active service in the school at this time or not, will be paid what they put into the fund.

It is estimated that the average payment to the teachers will be about \$150. The teachers in the outside counties a number of years ago stopped paying into the fund and a contest ensued between the county and the city teachers. The former charged that Salt Lake and Ogden would benefit more from the retirement fund than would the teachers on the outside districts. As a result, the Salt Lake teachers have been keeping up the retirement fund. During the past three sessions of the legislature an effort has been made to have disbursement made to the teachers on the outside, but each time the bill failed of passage. This session the measure was put through by a narrow margin.

AND UP

Did you ever go to a hotel and ask the rates and be told they were so much and up

Maybe the clerk was honest and didn't mean too high up.

But you'd have preferred he'd been specific

At Hotel Ramona there are 140 rooms all facing outside all beautifully furnished all with private baths

125 outside rooms, with bath, \$1.50 a day when occupied by one person.
140 outside rooms, with bath, \$2.00 a day when occupied by two persons.
Extra couettes for children.
Take blue Universal bus—we pay fare.
Breakfast 25c. Luncheon 40c. Dinner 75c.
Also a la carte. No liquors sold.



HOTEL RAMONA
174 Ellis Street
San Francisco

Strain off the soup, which should be clear and a nice pink. Serve hot. Hand some plain thick cream in a sauceboat with it.

Lettuce Salad.
Prepare the lettuce, using only center portions, one-quarter for each person. Pepper and salt to taste and pour some thick cream over just before serving. Slice apricot jelly and slice, putting one slice of jelly at the side of each serving.

Fruit a la Meiba.
Use canned peaches, pears or apricots or a little of each. Arrange in a glass dish some vanilla ice cream, on this place the fruit and pour over it the following syrup. Stew or use raspberry jam in a little water, strain off the juice, add more sugar and boil to form a thick syrup. Flavor with the liquor and use when cold; procure sauce Meiba coming in bottles.

English Gingerbread.
One pound of flour, one-half pound of butter, one cup of sugar, one teaspoonful of ginger and one teaspoonful of salt. Mix the flour, sugar, ginger and salt and work in the butter. Add just enough molasses to hold the ingredients together and let stand overnight. Roll very thin, shape and bake in a moderate oven.

Cinnamon Rolls.
One pint of dough raised for baking, one egg, one tablespoonful of butter, one-half cupful of milk, one cupful of sugar, one tablespoonful of cinnamon. Work thoroughly, shape into rolls, set to rise, when light, bake. When nearly done rub lightly with butter and cover with three tablespoonfuls of butter and one tablespoonful of cinnamon rubbed together.

DIVORCE RECORDS OF UTAH ARE TO BE COMPARED

To determine the 1916 and 1917 records of divorces in the state of Utah will be one of the duties of the new commissioner of the statistical department. H. T. Haines, outgoing commissioner, has, after much effort, succeeded in having the county authorities and others with the figures available in their offices in getting the data up to the close of 1915 complete. While some of the matter for 1916 is available, it does not materially affect the averages.

In fact, the figures, if anything, show a condition about static in this regard, the slight increase of cases for the entire state not being regarded as any serious indication of domestic infelicity. In fact, considering the increase of population, the divorce mill was apparently but about holding its own.

In 1914 there were granted 556 interdictory decrees to wives and 120 to husbands, a total of 676. In 1915 there were granted 604 interdictory decrees to wives and 126 to husbands, a total of 730.

In 1914 there were granted 165 final decrees to wives and 31 to husbands, a total of 196. In 1915 there were granted a total of 284 final decrees to wives and 69 to husbands, making this total 353 decrees.

The causes for divorce granted to wives during 1914 were: Non-support, 288; desertion, 122; cruelty, 121; intoxication, 21; infidelity, 4.

The causes for which divorces were granted husbands in 1914 were: Desertion, 91; cruelty, 18; infidelity, 6; insanity, 4; intoxication, 1.

The causes for which divorces were granted wives in 1915 were: Desertion, 243; non-support, 408; cruelty, 92; intoxication, 92; infidelity, 30; insanity, 1; conviction for felony, 4.

The causes for which divorces were granted husbands in 1915 were: Desertion, 128; cruelty, 38; adultery, 21; insanity, 2.

The new figures, especially those dealing with divorce after August 1 of this year, will be closely watched by those active in securing "bone dry" state prohibition, as it has been contended that while intoxication does not show high in the actual causes given, it has been a material contribution to desertion, non-support, insanity, the commission of crime and other similar causes.

PERSHING'S ARMY ON FIELD BASIS

New Method of Operating at the Border Effective March 20.

SAN ANTONIO, Tex., March 16.—Orders were issued today by Major General John J. Pershing placing troops of the regular army in the southern department on a field army basis. The plan of organization provides for three provisional infantry divisions and one provisional cavalry division. The new method of operating will become effective March 20th.

A State council of carpenters, representing about 3000 workers, has been organized in Montana. Its purpose is to establish the State-wide eight-hour day, minimum wage scale, furnish information regarding conditions of employment and promote such legislation as is beneficial to workers.

CHICHESTER'S PILLS
25c. DIALYNE PILLS
Do not ask your Druggist for Pills. Ask for Chichester's Pills. They are the only pills that will cure constipation, biliousness, indigestion, headache, nervousness, and all the ailments of the bowels. They are sold by all Druggists. Sold by Druggists Everywhere.

HEALTH TALKS

BY WILLIAM BRADY, M.D.

Eczema

Eczema is acute or chronic dermatitis (skin inflammation) the cause of which is not obvious, but usually ascertainable by a careful study of the patient.

Eczematous infants usually present evidence of an excess of fat or starch in the food (excesses discoverable in the stools). A few cases depend upon an idiosyncrasy, or as we now say, a sensitization of the individual to egg albumin or even to cow's milk, and this peculiar sensitization may now be detected by means of skin inoculation tests like the one of which I have just spoken.

Most eczema in children is common to an excess of fats in the food. Dry eczema is commonly due to an excess of starch. Proprietary foods often cause eczema of the dry type.

In a few cases, in both children and adults, a deficiency of thyroid gland function is found to be the cause of mild chronic eczema.

An eczematous adult reacts to the skin inoculation test with his particular protein in whatever it may be, while a normal individual shows no reaction to such a test. Sometimes more than one kind of food substance is found to be a cause; certain individuals have eczema when they consume more than an arbitrary quantity of a given food substance, even milk. Parents frequently find that a child cannot take even minute quantities of egg without suffering an acute attack of hives, eczema or

Dr. Brady will answer all signed letters pertaining to Health. If your question is of general interest it will be answered through these columns; if not it will be answered personally if stamped, addressed envelope is enclosed. Dr. Brady will not prescribe for individual cases or make diagnoses. Address Dr. William Brady, care of this newspaper.

Catarrh Cannot Be Cured

With LOCAL APPLICATIONS, as they cannot reach the seat of the disease, Catarrh of the bladder, urethra, prostate, etc., is not cured by internal remedies. Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It is prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tools known, combined with the best chemical purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Props., Toledo, O.
Sold by Druggists, price 75c.
Take Hall's Family Pills for constipation.

FRITZ KREISLER TOUR

THE PHYSICAL EFFECT OF CAMPAIGNING.

Direction C. A. Ellis, Symphony Hall, Boston, Mass.

One never tires of hearing the experience of those who were fortunate or unfortunate enough to take an active part in the great European war. Every bit of personal testimony as to the war, its effects and the like is eagerly sought after. One of the keenest impressions that Fritz Kreisler, the great violinist, got from his service in the Galicia campaign in the summer of 1914 was that there is something radically wrong with modern life and modern methods of living. His own experiences and the experiences of the men with whom he was on the battle line showed him that physical conditions improved enormously under hardships which are almost unbearable. He and the men with him grew stronger, keener and harder, and he himself, had it not been for the wound that disabled him, would have been in perfect physical and nervous condition when he came out from service.

Said Mr. Kreisler:

"In the trenches we were generally without food, several times for three days at a stretch. I have never, since once licked the dew from the grass to moisten my throat because I could get nothing to drink. The roads were impassable and the supply trains moved only with great difficulty at the outset of the war. Somehow, the physical discomfort—that is a tame word to apply—does us no harm. Indeed you feel better physically. I am of a nervous temperament. I would never have given myself credit beforehand for being able to get through what I went through. But when I was in it I found it did me no harm. For instance, my eyesight was far better on the battlefield than it ever was before. I could see like a hawk, for long distances; better than I can now. My nerves disappeared. The horrible, shocking sights that were seen hourly did not affect me as much as some letters I now get from a friend and well-wisher expressing sympathy."

"Does this mean that we moderns under civilization do not live rightly? Do we eat too much, do we get too much sleep, do we fail of proper exercise? For my experience has shown me that the soldier on the battlefield suffering from physical discomfort and mental shock that must almost have a pathological effect, is really the healthier man than even the one who uses civilization's best hygienic experience under the most favorable conditions."

GOVERNOR TO ACT IN CASE OF STRIKE

Governor Bamberger said last night that he would take whatever steps he could lawfully to prevent suffering in Utah through a tie-up of the railroad systems in the event of the strike. The chief executive was optimistic concerning the situation and asserted that it is his belief that the railroad strike orders will be withdrawn today. He takes the view that when the committees get together in New York this morning a swift agreement will be reached whereby orders will be rescinded until such time as the matters in dispute are arbitrated. He declared that the proposed strike is of such importance to the country at large that the federal government would not countenance actions on the part of either the employers or the employees which might lead to serious consequences.

In discussing the situation in Utah the governor asserted that he did not think the strike would ever reach sufficient proportions that the lines in this section of the country would be involved, as he believes the entire matter will be settled before Sunday. The executive said that it is his hope to such a pass so that the people of the state suffer through the inability of the railroads to move freight and fuel he would do all in his power to relieve the situation.

"I realize the gravity of the situation in this state if a strike should be declared and the railroads should stop moving freight. The coal situation would be serious and in many instances foodstuffs could not be sent to the different towns. In the event that a general tie-up should take place I would use every means I lawfully could in order to get supplies to the people. I am not aware of how far I could go in regard to the matter, but if I could operate the roads I would do so if it were necessary. I feel that there is little need for the people to become excited over the situation, as it will be settled, I think, within a day or so at the most."

Abilene (Kan.) painters have increased wages 25 cents a day and reduced the workday one hour.

What is practically a trade union of soldiers and sailors and their dependents entitled to pension or separate allowance has just been organized in England. It is called the Naval and Military War Pensions and Welfare League. Its objects are to prevent corruption in the administration of pensions and to see that justice is done to pensioners in "this and other wars."

San Diego (Cal.) Pressmen's Union has raised wages \$1.50 for the first six months of the year and an additional 50 cents a week will be paid during the remaining six months.

Preserves
The skin and complexion indefinitely. Retains the Beauty of Youth when youth is but a memory. Your appearance will always be the wonder of your friends if you use
Gouraud's Oriental Cream
Send 10c. for Trial Size
FERD T. HOPKINS & SON, New York

RICHARDSON'S MONEY SAVERS

BEAUTIFUL WATER SET
Seven pieces, water pitcher and glasses, beautiful hand-cut floral pattern. This set is a real \$5.00 value, for only **\$2.98**

HANDY FOOD CHOPPER
Self-sharpening, easily operated, easily adjusted—five different sizes of rotary knives. On sale this week:
\$1.25 value for.....98c
\$1.75 value for.....\$1.44

OUR CHINAWARE DEPARTMENT OFFERINGS

Only a few of the many beautiful pieces of Bavarian, German, Austrian, Nippon, English and American ware can be listed. You'll be delighted with many other equally attractive pieces that are now on sale:

25c Value, Small Plates.....15c
65c Value, Cups and Saucers.....48c
35c Value, Cups and Saucers.....25c
25c Value, Cereal or Fruit Bowls.....15c
\$1.00 Value Sugars and Creamers.....79c
Cake Plates.....79c
These are in dainty, hand-decorated floral patterns and will prove adornments on your table.

PHONE YOUR WANTS TO RICHARDSON'S



WHITE ENAMEL BREAD BOXES

Heavier weight, better finish than average. They are built so as to furnish complete protection for foods.

\$1.25 Value Bread Boxes for.....98c
\$1.40 Value Bread Boxes for.....\$1.09
\$1.60 Value Bread Boxes for.....\$1.34
Round Cake Boxes, Beautiful White Enamel: \$1.00 Value for only.....89c
\$1.25 Value for only.....98c
\$1.50 Value for only.....\$1.14
Tea and Coffee Cans, in this excellent ware, 35c value for only.....29c

CEDAR OIL POLISH AND MOPS

For cleaning and polishing pianos, furniture, autos and all varnished and enamel surfaces. Unequaled for renewing oil and polish mops. The Boss Triangle Polish Mop is so built that it fits every corner—the polish mop and cedar oil polish are essentials at home—

25c Bottle for.....22c
50c Bottle for.....44c
\$1.00 Value, Boss Mop.....\$1.50 Value, Boss Mop.....\$1.29

WHITE ENAMEL TEA POT

Superior quality Swedish imported ware, pure white inside and outside. Special tea ball attachment—only 69c
Child's Enamel Mug, excellent quality—only 17c

SALT AND PEPPER SHAKERS

These are of opal glass, decorated, with non-corrosive tops. They come in several patterns and are on sale at the low price of

ALUMINUM MEASURE SPOONS

Sets of three measuring spoons—to measure quarter, half and even teaspoonfuls—needed in every kitchen.—15c value for only.

10c Richardson-Hunt 9c

THE CROCKERY PEOPLE
A LITTLE MORE FOR A LITTLE LESS

TRAINED MEN FOR BIG BUSINESS

LAWRENCE, Kan., March 16.—Big business wants college trained men and is demanding that the universities train their young men for managers as well as technicians. Prof. Arthur J. Boynton of the department of economics in University of Kansas, is receiving letters every day from bankers and manufacturers asking for young men who have the " requisite qualifications of energy, mental alertness and culture that the high plane of our business demands."

"The firms that are applying all say the burden of business responsibility is too great for the young man who comes up through the ranks from office boy. Although that sort of training gives the very best of technique, there is a noticeable lack of culture and that leaves the individual in a rut."

"Business has a greater need for the broadly educated man than formerly because our commercial preparedness is fast coming to a test," Professor Boynton said. "If American business is to enter the arena of South America, a field that offers every opportunity to the acquisitive American youth, then the capitalists must turn to the college men who have been trained as directors and managers."

If a young man wishes to take up managerial or directive work there are courses in statistics, labor problems, business organization and management, accounting, banking, corporations and trusts, business law and railway rates to be found in nearly all the state universities, Professor Boynton points out.

PRISONER GOES TO CELL UNESCORTED

SEWARD, Alaska, March 17.—Emil Anderson of Nushagak on Bristol Bay, holds the long distance record in Alaska for an "unescorted hike from court to cell." Anderson was convicted at Valdez, home of the court in this district, and traveled 500 miles alone to Nushagak, where he served a thirty-day sentence. He carried his own commitment papers and had served his time, before word reached the court that he had obeyed orders.

Anderson's offense was that of using a knife in an argument at the Nushagak cannery. After his arrest he was transported across Bering sea, through Unimak pass and northeast again to Valdez for trial, a distance of nearly 1500 miles by water. The testimony showed that beyond a doubt he had cut his opponent, but it also showed that the opponent was the aggressor. Under these circumstances the jury recommended extreme clemency. The court took cognizance of the situation and, realizing that the man had already been in custody over two months, ordered that he return home and deliver himself to the deputy United States marshal and serve a sentence of thirty days.

The last boat had sailed for Nushagak, and Anderson considered the possibility of getting a job on the railroad here and waiting till spring to go home and serve his sentence, but he had left many things undone at home, so he obtained a passage on a boat which landed him at Iliamna, on the west side of Cook inlet. From Iliamna he started on the long overland journey across the upper end of the Alaska peninsula. It was late fall and there were snow squalls and every possible inconvenience.

For twenty days he waded and swam streams and mushed over the hills in Arctic weather, eating sparingly of his fast decreasing pack, which he replenished twice with dog salmon from natives. He finally reached Nushagak on October 27, where he at once gave himself up, served his term and was released November 25, according to the official return made to the clerk of the court, which arrived in the winter mail via Cold Bay.

BLAST IS FATAL TO BINGHAM MINER

BINGHAM, March 16.—Charles Nelson, about 27 years of age, employed at the U. S. mine here, was almost instantly killed this afternoon in a blast. Little is known of Nelson here, except that he was unmarried. Whether he has any relatives in the country has not yet been ascertained. The body was taken to the parlors of O'Donnell & Co. Funeral arrangements have not yet been made.

Don't Take Risks

If your stomach is strong, your liver active, and bowels regular, take care to keep them so. These organs are important to your health. Keep them in order with

Beecham's Pills

and avoid any risk of serious illness. A dose or two as needed, will help the digestion, stimulate the bile, and regulate the habits. Their timely use will save much needless suffering, fortify the system and

Insure Good Health

Sold by druggists throughout the world. In boxes, 10c, 25c. Directions of Special Value to Women are with Every Box.